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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

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◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, NOVEMBER* 11, 1887.

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Notes by the Way

By the Editor.

"Health is the foundation of all our physical happiness."—*Herder.*

SPECIAL ANNOUNCEMENT.

Following the example of our last year's practice, I intend to make Health for Friday, December 16th,

A CHRISTMAS NUMBER.

The success of our "Annual" for 1886 emboldens me to repeat that procedure; and I have great satisfaction in announcing that three seasonable Stories by T. W. Speight (author of "The Mysteries of Heron Dyke," &c.), Justin H. McCarthy, M.P., and C. C. Rothwell, will be included, along with other interesting items, in our Christmas bill of fare. Last year's Christmas Number of Health was exhausted within a very short time of its publication, and I rely on the kindly commendations of our many readers to ensure a like success for the Christmas Number of 1887.

Sir William Roberts, M.D., has been delivering some opinions regarding the use of alcohol which deserve more than a passing notice. From a report of the lecture I learn that "the burden of Sir William's argument was that nations which use alcohol compare favourably with nations that do not. Their achievements are greater, and their rate of mortality is less. The nations which use most alcohol show the smallest death-rate. Sir William said truly that the bad effects of alcohol were obvious enough. They obtrude themselves in every street and on every family. The ordinary diseases which are the results of excessive drinking are the most obvious things in the dissecting room or the medical museum. But it is not so easy to be just to the good effects of alcohol. They are not so palpable, but they may be equally actual. It may ward off disease, and it may offer effectual resistance when disease invades the frame. It may contribute to a bolder, braver, and more powerful national history."

These opinions should not be mistakenly criticised. Sir William Roberts speaks with all authority as a leading physician, but his views will not on that account escape the attack of other medical men, and still less, the probably less intelligent criticism of those laymen to whom alcohol is "the devil in solution." I should frankly say that such opinions are calculated to work a certain amount of harm, on the ground that "weaker brethren" may continue their excessive potations, theoretically fortified by the dictum—which, however, is not that of Sir W. Roberts'—that a high drink-rate means a low death-rate. It would be trebly regrettable if this should prove to be the result of the scientific utterances of a distinguished man. But more sober reasoning will see in the views quoted the expression of a scientific opinion by no means destitute of support.

Alcohol has its uses, as well as its abuses. For the latter, human weakness and folly, and not the fluid itself, are responsible. The end of the matter is, firstly, that we shall require further proof before Sir W. Roberts' conclusions can be accepted in full. Secondly, the use of alcohol is a matter relative to the individual, and, as such, only to be settled by individual opinion and experience. Thirdly, the abuse of alcohol is so easily engendered that it is far preferable to advocate temperance, or total abstinence where the slightest danger of excessive use is encountered. The papers on "Alcohol," concluded in our last number, should be studied in relation to this subject.

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A warning regarding dangerous lemon-squeezers has recently been given. A style of lemon-squeezer, it is pointed out, has been recently sold quite extensively which is made of galvanized iron, or iron covered with a coating of zinc. A word of caution should be given against the use of such articles, as the citric acid of the lemon will readily dissolve the zinc, forming unwholesome and poisonous salts. Lemon-squeezers should be made either of plain iron or wood, or better, like some we have observed, where the surfaces brought in contact with the fruit are of glass or porcelain. Zinc is a metal which is readily attacked by the weakest acids, and no article of food or drink should ever be allowed to come in contact with it.

✤ ✤ ✤

Under the heading "A Dangerous Example," a medical journal relates that an Italian paper, *La Lombardia*, quotes the following illustration of the effects of professional competition:—A doctor—we presume one qualified to kill, if not to cure—advertises: "I undertake, whenever my treatment is not followed by cure, to bear half the expenses of the funeral." This is certainly trade-competition with a vengeance, but it is also practice of a kind by no means likely to increase the practice of the physician in question. He might as well have announced himself as prepared to combine in his practice the duties of physician and undertaker.

✤ ✤ ✤

As regards the propriety of drinking before meals a writer remarks the case of an acquaintance who had suffered sorely from indigestion for a number of years, and who had tried most of the numerous remedies a host of kind friends had recommended for her relief. The following advice given in a foreign medical journal was at last found to prove effectual, and I therefore reproduce it, in the hope that it may prove useful to the readers of Health. Reference has before been made to this subject in our pages.

✤ ✤ ✤

In the morning the stomach contains a considerable quantity of mucus spread over and adherent to its walls. If food enters at this time, the tenacious mucus will interfere, to some extent, with the direct contact between the food and the stomach necessary to provoke the secretion of gastric juice. A glass of water, taken before breakfast, passes through the stomach into the small intestines in a continuous and uninterrupted flow. It partly distends the stomach, stretching, and to some extent obliterating the rugæ; it thins and washes out most of the tenacious mucus; it increases the fulness of the capillaries of the stomach, directly if the water is warm, and indirectly in a reactionary way if it is cold; it causes peristalsis of the alimentary tract, wakes it up (so to speak), and gives it a morning exercise and washing.

✤ ✤ ✤

Care must be taken not to give cold water when the circulation, either local or general, is so feeble as to make reaction improbable. We should not risk it in advanced age, nor in the feeble, whether old or young, nor should it be given in local troubles, like chronic gastric catarrh. In these cases it is best to give warm or hot water. The addition of salt is very beneficial. Such a time-honoured custom as drinking soup at the beginning of a meal could only have been so persistently adhered to because of it having been found by experience to be the most appropriate time. It does exactly what warm or hot water, with the addition of salt, does, and more, in that it is nutritive and excites the flow of gastric juice.

Original Essays

"Life is not to live, but to be well."—*Martial.*

JOKING—FROM A MEDICAL STANDPOINT.

By Dr. Andrew Wilson.

There is no name, among all the practitioners of mental medicine — to coin a term — which stands higher than that of Dr. J. Hughlings Jackson. A man of wide experience in the treatment of nervous diseases, and a skilful physiologist to boot, Dr. Jackson's views regarding the science of mind and the relations which mind and brain bear to the body they rule, are well worthy the close attention alike of the intelligent layman and the medical practitioner.

A few weeks ago, Dr. Jackson delivered a most interesting address before the Medical Society of London on the "Psychology of Joking." It is this address I purpose to discuss with the readers of Health, seeing that comprised within its limits there may be found not a few wise counsels regarding the manner in which wit and joking together become related to questions of mental health. That a merry heart "goes all the day," while the faint heart tires early in the journey, is, of course, a saying much older than Autolycus himself. Yet that nimble rogue and vagabond gave vent to a wise opinion when he uttered his famous lines. The very essence of wit and joking is the faculty of making the wheels of life run a little more smoothly and pleasantly than before; and there is no doubt that the person who (like a famous Scottish Editor) "jokes wi' difficulty," comes to be regarded as a somewhat sombre and abnormal unit amid his fellows.

Dr. Jackson begins his address with a dissertation on "punning." "I think," he says, "punning does not receive enough attention. In spite of Dr. Johnson's well-known dictum, we should not despise punning. Sydney Smith says that it is the foundation of all wit. Supposing three degrees of evolution, I submit (1) punning is the least evolved system of joking, that (2) wit is evolved out of punning, and that (3) humour is evolved out of wit. Everybody has heard of Sydney Smith's remark—that it requires a surgical operation to get a joke into the head of a Scotchman. But he spoke without distinguishing. The Scotch have a great appreciation of those highly evolved jocosities displaying the humorous, although, no doubt, a scorn of simple, lowly evolved jocosities, such as plays on words. It is difficult to form a conception of a Scotch punster; yet I have heard an Aberdonian, a physician of world-wide reputation, make a pun."

With all deference to the learned essayist, I venture to submit that in the northern parts of these islands, wit and humour are not only as well developed, but as highly appreciated as in the south. The Aberdonian physician may doubtless feel flattered at the reference to his "punning" characteristics; but when Dr. Jackson knows the northern folk a little more

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intimately, he will find that humour, as the highest evolution of the witty side of things, is, perchance, better developed in the north than in the south. For quiet, pawky humour, commend me to a Scotchman from the far north. There is a well-known illustration of this remark in the reply of the Aberdonian to the query of the stormstead English tourist, "if it always rained in Aberdeen?" "No," replied the canny Scot, "it sometimes snows." The mere fact that *Punch* so frequently draws upon Scottish humour (and sometimes upon very ancient examples thereof) for the delectation of its readers, would seem to indicate that northern wit is, after all, by no means the rare thing Englishmen at large appear to think. The mere mention of the story of the shepherd and his dog, which latter had his tail gripped by the claws of a crab belonging to a festive fishmonger, is sufficient to show how humour dwells freely enough north of the Tweed. "Hey! hey!" cried the fishmonger, as the dog dashed down the street, crab attached, "call back your dog, man!" "Weel! weel!" retorted the shepherd, "just ye call back your partan!" —the last the local name for the crab.

Dr. Jackson—to resume our consideration of this lecture—is inclined to think that punning is not a natural condition of mind. His own words are that "to call punning a slightly morbid mental state may be taken as a small joke. But I do not think it very extravagant to describe it so; it certainly is not if it be a caricature of normal mentation. A miser has been defined as an amateur pauper; the habitual drunkard is certainly an amateur lunatic. And in the same style of speaking we may say that—well, we will say that punning is playing at being foolish; it is only morbid in that slender sense." But "punning" is after all only a stage in "the play of mind." Our author is of opinion that even in making puns man gets a little above his more animal self. "For it showed that, over and above mind required for mere animal existence, he had some surplus mind for greater ends of life. So I contend that our race owes some respect to the first punster. For the dawn of a sense of the merely ridiculous, as in punning and simplest jokes, shows the same thing as the dawn of æsthetic feeling—surplus mind, something over and above that required for getting food and for mere animal indulgence. All the more so if punning be that out of which wit and humour are evolved."

Medically, the question of joking is not at all unimportant. Dr. Jackson says that "it is not a good sign if a man be deficient in humour, unless he have compensation, as Wordsworth had, in a sense of the sublime, or in great artistic feeling, or in metaphysical subtlety. The man who has no sense of humour, who takes things to be literally as distinct as they superficially appear, does not see fundamental similarities in the midst of great superficial differences, overlooks the transitions between great contrasts. I do not mean because he has no sense of humour, but because he has not the surplus intellect which sense of humour implies. Humour, being the 'play' of mind, is tracing deep, fanciful resemblances in things known to be very different. This is 'playing' at generalization, and is only a caricature of the same kind of process which made Goethe declare that a skull is a modified part of a vertebral column."

In the course of his address, our author has occasion to use a term, "diplopia," which, it should be noted, means "double consciousness." He would argue that this mental double consciousness is clearly related to the making of puns, and therefore to joking. "We all have 'mental diplopia,'" he says, "when hearing the answer to a riddle which depends on a pun—'When is a little girl not a little girl?' Answer: 'When she is a little horse (hoarse).' The feeble amusement we have in the slightly morbid mental state thus induced is from the incongruous elements of a 'mental diplopia.' The word 'hoarse' rouses in us the idea of a little girl who has taken cold, and the same sounding word 'horse,' rouses in us the idea of a well-known quadruped at the same time. We have the sensation of complete resemblance with the sense of vast difference. Here is, I submit, a caricature of the normal process of all mentation. The process of all thought is 'stereoscopic' or 'diplopic,' being the tracing of relations of resemblance and difference."

It is clear that the phases of mind involved in the exercise of wit and humour are by no means of such simple character as might be supposed. Even dreaming may involve the suspicion of a joke: and Dr. Jackson gives one ludicrous example of this contention. "A physician read in the day of the strained relations of European States; in his dream at night he is called in consultation by Bismarck, and advises a course of the iodide of posassium (directions for the application of the remedy were not given). Clearly, there are here two very dissimilar mental states 'pretending' to be stereoscopic; manifestly a seeming fusion of ideas of prescribing for a patient with ideas of the hostile attitude of European States."

Proceeding to remark that in some people there are waking beliefs as incongruously "double" in nature as some states in dreams; diplopic in that way to other people, at any rate. We are furnished with an interesting list of such beliefs: 1. Killing a rabid dog to prevent people already bitten by it going mad. 2. Imagining it to be possible to study what are called "diseases of the mind" methodically, without distinguishing between the physical and psychical. 3. A cleanly mother, from maternal solicitude, refraining from washing the top of her baby's head, lest it should come to have "water on the brain." 4. Imagining it to be possible to investigate complex subjects without the use of hypotheses; for instance, that Harvey could have made observations and experiments to *prove* the circulation of the blood, without *supposing* beforehand that it did circulate. 5. Anointing a blade with healing salve to cure a wound inflicted by the blade. These are certainly examples of beliefs which involve a very high sense of the humorous side of things; only in so far as the joke is concerned, it is the educated outsider, and not the believer in the above superstitions, who can alone enjoy the situation.

Summing up his arguments for his theory of the mental phases involved in the exercise of wit, Dr. Jackson maintains "that the process of all thought is double, in degrees from a stereoscopic unity of subject and object to manifest diplopia (two objective states for one subject). The process of all thought is tracing relations of resemblance and difference, from simplest perception—to say what a thing is, is to say what it resembles and differs from—up to most complex abstract reasoning. The formula of the caricature of the normal process of thought is the 'pretence' of some resemblance between things vastly different—from punning, where the pretended resemblances and real differences are of a simple order, up to humour, where both are highly compound. We have the 'play' of mind in three degrees of evolution, three stages of increasingly complex incongruousness."

We might, in truth, go a step further—the lecturer indicates the feasibility of such an extension of his views

—and say that there are gradations to be traced from the perversion of words, as illustrated in the making of puns, to perversions of ideas, and onwards even to insanity itself. The healthy exercise of wit involves conditions which are by no means unrelated to certain morbid and diseased states. Indeed, if Dr. Jackson's views be correct, the phases seen in certain cases of epilepsy may represent only an exaggeration of well-known traits of character connected with normal and natural "joking."

Apart altogether from these special features of the subject, we may conclude that there is great virtue in the cultivation of the humorous side of life, as an off-set to the graver and more serious and trying things of existence, whereof we all have our full share. "A light heart lives long," and the influence upon the body of a mind and brain rendered lighter and happier by the play of humour cannot but be of beneficial kind. It is this phase of the matter which raises the drama to a high place as a mental tonic. Many a sorrow and many a worry has been lightened by an hour's lightsome chat, by a merry recital, or by the quips and jests of a lively companion or a humorous play. The fact is, we resemble outward Nature too closely in her moods to fail in responding to the alternations of light and darkness as these are represented in the work-a-day world. If it is not always sunshine, it is not always night; and the best justification of joking from a medical standpoint is found in the fact that wit and humour, like the rays of the great orb of day itself, serve to dispel the mental clouds and mists, and enable us to take more cheerful views of all the duties—and even of the ills—of life.

CANNIBALISM FROM A SCIENTIFIC POINT OF VIEW.

By Brigade-Surgeon W. Curran.

SIXTH AND CONCLUDING PAPER.

As some further items bearing on this subject have come to hand since this little essay was written, which could not be incorporated with the text, and as I am desirous of proving as far as I can the points I contended for in it, I reproduce here under suitable headings the "proofs" there referred to, and leave them to speak for themselves. For it must be ever borne in mind in this connection that food is not the only use to which human flesh has been put in the past. It, or its derivative fat, has also been largely used in former times in medicine, as well as in magic, in sorcery, witchcraft, and other practices and delusions of that kind, and we know that thousands of savage or semi-civilized men still indulge on occasions in this "article" for the purpose of either acquiring through it the courage of their fallen foes, or of gratifying the baser cravings of their enmity or vengeance. But to deal with these several phases of the case in detail would take us too far afield, and I must only glance at the more important of them.

1. As regards the question of population and its redundancy, we need only look about us and see for ourselves how the coast lies. Though provisions are abundant, the means of acquiring them are not so, and that institution of Free Trade, from which so much was expected, has failed to solve the difficulty or meet the requirements of the situation. As a consequence of this failure, or other causes that I wot not of, the demand for food of one kind or another exceeds the supply of it; and we learn from Mr. Wallace and others that there are some 4,500,000 of our countrymen and women living in either a state of abject penury, or in such otherwise straitened circumstances as verge on starvation. *Si quæris monumentum circumspice*, and our Trafalgar-square gatherings or Hyde-park meetings eloquently fill the foreground. The Bishop of Manchester lately pointed to the fact that "the population in England and Wales in 1801 was 8,800,000, while it is now 27,870,000; that is to say, that it has become thrice as great within the space of eight-six years as it was. If such an increase were to continue, the population in these countries alone would, in the space of another eighty-six years, reach the figure of seventy-three millions. Does any one believe," he asks, "that such a population could be maintained within the limits of England and Wales?"* No one believes that it could. Neither will Malthusianism and its checks, prudential and otherwise, meet the difficulty, and no one desires either wars or famines. What then is to be done, asks my reader? Free the land say some, limit the population say others, legislate, emigrate say all. I will not join in this chorus, neither will I attempt the solution of a difficulty that has baffled wiser heads than mine, I will only point to the facts disclosed above and say—to transpose *slightly* the words of Mr. Keble—that

> "The herbs you seek to heal your woe
> Familiar by our pathways grow—
> *Our common flesh is food.*"

2. Touching the nutritional value of this kind of food, the physiological works of Hermann and Gamgee, and especially so this gentleman's "Physiological Chemistry," are the best guides on the subject I am acquainted withal. Here is what the Duke of Argyll says on the point in his "Unity of Nature," pp. 46 and 52: "With all its beauties of form and of expression, with all its marvels of structure and of function, there is nothing whatever in it (the human body) except some few of the elementary substances which are common in the atmosphere and the soil. The three commonest elements, oxygen, hydrogen, and nitrogen, with carbon (and phosphorus) and with sulphur, are the foundation-stones. In slightly different proportions, these elements constitute the primordial combination of matter (or protoplasm) which is the abode of life. In the finished structure there appear besides lime, potash, and a little iron, sodium, and phosphorus. These are the constituents of the human body—of these in different combinations—and, so far as we know, of nothing else." And again, "In this clear and very definite sense the body of man, as a whole, is one in structure with the bodies of all vertebrate animals; and as we rise from the lowest of these to him who is the highest, we see that same structure elaborated into closer and closer likeness, until every part corresponds—bone to bone, tissue to tissue, organ to organ."

3. Alluding to those queer survivals of old superstitions that still linger in out-of-the-way corners in our midst, Miss Gordon Cumming says in *The Nineteenth Century* for June, 1887, pp. 906–7, &c., that "it is only a few years since the skull of a suicide was used in Caithness as a drinking-cup for the cure of epilepsy. Dr. Arthur Mitchell knows of a case in which the body of such a one was disinterred in order to obtain his skull for this purpose. It was, however, accounted a more sure specific for epilepsy to reduce part of the skull to powder and swallow it, and . . . . multitudes of ordinary skulls are known to have been exported from Ireland to Germany for the manufacture of a famous ointment. But as regards the more precious skull of the sinner who

* By Whitaker's Almanack it appears that the paupers of England and Wales amounted last year to 813,014. They are still greater now, and "the cry is, 'Still they come.'"

has died by his own hand, some faith in its efficacy seems still to linger in various parts of Britain," and she gives several illustrative examples in point. We have already seen, through Marco Polo, that the people of Chandu prefer the body of a suicide to that of a person who died a natural death, and describing executions in Pekin, the late Dr. Rennie said, in *Chambers' Magazine* for May, 1873, p. 309, that "the heads (of the malefactors) are not buried after their exposure. Removed from their baskets by the crowd of leperous and blind beggars who assemble daily on the famous 'Bridge of Tears,' . . . they are salted and eaten;" and readers of Macaulay need hardly be reminded that "a loathsome volatile salt *extracted from human skulls* was forced into Charles II.'s mouth" as he lay dying.

"Lady Alice Kyteler was accused" (Ennemoser's "History of Magic," vol. ii., p. 467), "at Kilkenny in 1324, that . . . . with the nails of dead men, the hair, brains, and clothes of children which had died unbaptized, &c. . . . she had made powders and ointments, &c.;" and whoever will turn to the pages of this curious book will find many other notices of like import in it. The Dutch and Spanish surgeons regarded human fat as a sovereign remedy for wounds, &c., of all kinds in the days of old.*

4. But this food or physic is not always so innocuous as it is here described; and as the two following narratives tend to show this pretty plainly, as well as under very different conditions, I give them with chapter and verse, for what they may be worth. Describing the adventures of some Franciscans who were sent to convert the Chinese in his day, Mendoza says ("The Historie of China"—Hakluyt Society—vol. ii., p. 215) that "a frier's flesh they did eate disagreed wonderfully with the Caribes. . . . On a day they would amongst them eate one of the fathers, who was very faire and white; but all that did eate of him, in a little space, did," he says, "swell marvellously, and did die madde, with great gaspings that it was wonderful to see; so that from that time they remained warned never for to eate of any more of like flesh." Describing Madame de Montpensier's cake, which, he says, consisted of human bones that were dug up during the Siege of Paris in 1590 and ground into flour, Mr. Mottley says ("The United Netherlands," vol. iii. p. 61) that "the lady herself was never known to taste it," and no wonder, "for," he adds, "as already intimated by us, all who ate of this same Montpensier flour died."

5. As to the cooking and curing of this article of domestic economy, when Columbus visited in his second voyage the Caribbees, "we found," he says ("Select Letters of Columbus," Hakluyt Society, p. 28), a vast number of human bones and skulls hung up about the houses, like vessels intended for holding various things," and his companions saw, during his first voyage, according to W. Irving ("The Life and Voyages of Columbus," pp. 196-7) that "human remains were suspended to the beams of the houses, as *if curing for provisions.*" The cookery of this delicacy—for such it undoubtedly is in certain quarters—is thus described by Mr. J. L. A. Hope in his "In Quest of Coolies in the South Seas," p. 79:—"On Tanna, a celebrated man-cook detailed to me the process which is *de rigueur* in the cooking of human flesh, and which is supposed to impart a peculiar relish to such a repast. A shallow hole is dug in the ground and filled with fire and round stones. When the fire is burnt out, and the stones are red hot, the body is split open and the stones put inside it. It is then wrapt round and round with leaves to keep it from being burnt, and laid in the native oven, and a large fire is built on the top of it till it is sufficiently baked. The leaves, he told me, keep in the juices, and, I suppose, give it a sort of tenderness which we find in the 'Cotelettes de papillote.'"

6. Numerous illustrations could be given in favour of the belief that savages and others entertain a hope that by devouring the heart, liver, &c., of their enemies, they will thereby acquire the thought, courage, &c., of these same enemies; but see, in addition to the references already given, "The Autobiography of James Silk Buckingham," vol. i, p. 380; "The Wild Races of South Eastern India," by Capt. T. H. Lewin, p. 269; "The Lives of the Lindsays," vol. iii., p. 21; and Vigne mentions ("Travels in Kashmir," vol. ii., p. 197) that "when the Bhutees of Upper Tibet fight with a Deh-Rajah or among themselves . . . . if one of them is killed, both parties rush forwards and struggle for the dead body. . . . *They take out the liver and eat it with butter and sugar,*" and thereby expect an increase of fortitude and vigour for themselves.

7. That human flesh is or was openly sold as a food elsewhere than in the interior of Africa, would appear from the following extracts. Describing an Indian (Hindustani?) tribe, whom or which he calls "Anthropophages" (mangeurs d'hommes), M. Thevenot says ("Travels in Western India," by Col. Tod, p. 83), that "il n'y a pas grand nombre d'années qu'on y vendait encore de la chaire humaine dans le marché," and the hideous and incomprehensible statement is made, according to Staunton ("The Kingdom of China"—Hakluyt Society—vol. i., p. 6), "of human flesh being publicly exposed for sale in the markets" of that country. I have read or heard of similar stories of Florida, Yucatan, and other remote parts of America.

8. Finally, and as to the liking, the craving even, for this kind of food that is engendered by this kind of indulgence, Mr. Chambers expressly tells us ("Pioneering in New Guinea," pp. 62-3) that it was the women "who first urged the men to kill human beings for eating purposes in that country." They used to reproach their husbands with returning empty-handed from their fisheries, &c., when the latter brought them none of this commodity; but the men were, on one memorable occasion, so disgusted with this (their wives') cool or insulting reception that, throwing away their wallabis, &c., they "started to a neighbouring village and brought back ten bodies. These bodies were singed, cooked, and eaten, and pronounced good; and they have ever since been eaten, *and pronounced vastly superior to any other flesh.*" Yet are these same cannibals yours and my brothers, gentle reader, and you well know that similar proof of this superiority could be easily procured, did needs so require, from widely different tribes or quarters. We have, indeed, had evidence of it ourselves in these islands, and, describing the Scotch case to which some reference has already been made, Prof. Th. Ribot says, in his "Heredity," pp. 45 and 88, that "the inclination to cannibalism is extremely lasting." This Scotchman—the man already referred to—"had such an irresistible

* Motley's "United Netherlands and the Discovery and Colonization of Florida" (Hakluyt Society), p. 187.

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longing for human flesh as led him to commit several murders to procure it. His daughter . . . before she was a year old, and though she was brought up among respectable people, still succumbed, like her father, to the inconceivable desire of eating human flesh. Sundry members (he adds) of this same family had such an insuperable propensity to this practice that, rather than forego it, they paid the penalty of this weakness with their lives."*

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A Marvellous Voice.—Most people who have been to the "Wild West" show at Earl's-court must have been struck by the enormous vocal power displayed by Mr. Frank Richmond, the "Orator," who explains the action of the realistic drama so vividly presented by Buffalo Bill's cowboys and redskins. The voice of this modern Stentor is a physiological curiosity in its way, for he has often made himself distinctly heard by an audience of thirty thousand persons in the open air. This throws Mr. Gladstone's famous "record" at Blackheath in 1874 altogether into the shade. Some idea of the vast amount of work which the "Orator" gets out of his vocal organs may be formed from the fact that his running commentary on the show contains more words than the part of Hamlet, which, as is well known, taxes the powers of the best trained actors. This severe effort the "Orator" makes—and makes successfully—twice a day for months together, under much less favourable acoustic conditions than players even in the largest theatres. A few physical details respecting such a vocal athlete may, therefore, be interesting to some of our readers. For these we are indebted to the courtesy of Dr. Robert C. Myles, of New York, whose examination, it may be added, was confirmed by Sir Morell Mackenzie. The vocal cords are of ordinary length, and not much above the average in breadth, but the vocal processes at once strike the observer by their extraordinary development. They project inwards towards the middle line like two large spurs when the glottis is open. The great leverage thus given to the laryngeal muscles allows them to act to the best advantage with a minimum of effort. The larynx itself is of a large size, and the pharynx is exceptionally roomy and well developed, whilst the mucous membrane covering it is remarkably free from granulations and roughness of any kind. The "Orator's" vital capacity is not above the ordinary standard, but what breath-power he has he utilizes to the utmost, with the art of a trained elocutionist. Mr. Richmond, we believe, was on the stage before he occupied his present position, and the secret of his remarkable delivery lies more in the perfection with which he has learned to use his natural advantages than in any notable peculiarity of physical conformation.—*British Medical Journal.*

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* I had almost forgotten to mention, on the authority of Sir Edmund Du Cane and others, that those convicts who escaped from their prison in Botany Bay practised cannibalism in many instances to sustain their lives in the bush, &c., and the author (H. Kingsley) of "Geoffrey Hamlyn" tells a story (p. 338) of this kind—which is, he intimates, strictly true—of two convicts and a boy who escaped from a convict establishment in Van Diemen's Land, and who, in trying to cross the island, got short of provisions. "They killed the boy, and lived on the flesh while it lasted. After that one of the men murdered the other, whose flesh lasted long enough to take him back to the settlement, where he surrendered himself."

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

THE INFLUENCE OF FOOD UPON MIND AND BODY.

The physicians of antiquity (among them Galen) used to hold that they could produce by feeding certain dispositions in the individual. Monstrosities can be produced by subjecting the parental organism to certain extraordinary conditions of life (thus affecting the nutrition), and, curiously enough, such an extraordinary condition of life does not produce a change of the organism itself, but a change in its descendants. Weakness of mind and body are merely other terms for weak nutrition, inherited or acquired, or both. Roberts appears to think that the eating of meat by a nation is what gives it superior intellectual power, and we know that it is impossible to get very fat without meat. Wallace has told us how the plumage of birds may be changed by feeding; how the bullfinch becomes black on hempseed, and how the common green parrot of the Amazon assumes a beautiful variegated colour when fed with the fat of large siluroid fishes. The queen bee in a hive is produced by enclosing a neuter egg, which in due course would have made a "worker" bee, in a special cell and feeding the larva on what is called "royal food."

Experience has taught trainers that the vital habits and qualities of horses and dogs are considerably modified by the nature of their food. The characteristics of each strain are transmitted by heredity, but in order that they may be maintained in perfection, the offspring must be fed with appropriate food. Trainers will tell you that the hunter and the draught-horse require to be fed differently. The hunter is bred and fed for speed and carrying power, the draught-horse for bulk and strength. In the hunter is wanted, rapid liberation of energy within a comparatively short space of time; in the draught-horse is wanted a more gradual liberation of energy and for a longer period. To bring out their qualities, each strain must be fed appropriately. The hunter is fed on a concentrated and stimulating form of food—chiefly on the heaviest and most expensive oats, which, if we may so express it, is the "beef" of the vegetable-feeders; and unless he is so fed he will not perform satisfactorily in the hunting-field. The draught-horse is fed on a lower and less stimulating diet—on Indian corn and chopped hay, food which tends to increase bulk and weight.

"Slow-going sporting dogs—setters and harriers—are fed chiefly on oatmeal and weak broth, but the coursing greyhound is trained on the very best of beef and mutton; and if these distinctions in the feeding are not observed, neither kind comes up to its best performances" (*Roberts*).

"The high-fed classes and races display, on the whole, a richer vitality, more momentum and individuality of character, and a greater brain-power than their low-fed brethren, and they constitute the soil, or breeding-ground, out of which eminent men chiefly arise."

Doubtless the most important period of life is that wherein the child is dependent on the maternal sustenance, and no greater calamity can befall a child ordinarily than to be deprived of mother's-milk. If a child have a healthful, refined mother, it should have the benefits which nature may bestow through its mother's breasts. To artificial feeding are due much of the scrofula, rickets, hip-disease,

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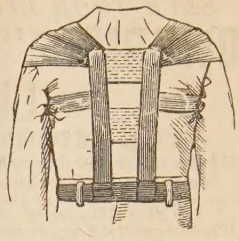

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THE SIGNIFICANCE OF LEFT-HANDEDNESS.

A recent writer has taken the trouble to summarize and compare certain observations on this subject, and he thinks that it is not wholly elucidated by M. Galippe's generalization, that we are right-handed by atavism and left-handed by morbid heredity. He implies, also, that it is not altogether to faulty education that left-handedness is to be attributed, and suggests that it might be useful to seek for a solution of the problem in comparative anatomy and pathology, by endeavouring to ascertain if the lower animals do not show a predominance of one side over the other. The writer first considers M. Debierre's investigations by comparative measurements of the bones of the right and left limbs in infants. These measurements show a slight excess in the average length of the left os brachii, but, curiously enough, in that of the right radius and femur; and there are persons, it seems, who, being right-handed, have the left lower limb somewhat more developed than the right, and those also who, being left-handed, have the right lower limb predominating over the left. But all these differences in the length of the bones are inconsiderable, and in M. Debierre's opinion they are not original, but created by habit, so that our primordial type was that of ambidexterity, and it is only by education that we become right-handed or left-handed.

M. Galippe considers left-handed persons as in a certain sense degenerate, and he seems to regard left-handedness, as well as squinting, mother's marks, supplementary fingers, hare-lip, prognathism, and other like blemishes, as implying a disposition to physical, moral, or intellectual deficiency. It is stated that many epileptics are left-handed, and figures are given showing that 4·13 per cent. of insane men and 4·27 per cent. of insane women are left-handed, but these per-centages do not seem to vary strikingly from those found among healthy persons. Among criminals, however, according to Marro, the proportion of the left-handed is much greater—13·9 per cent. in men and 22·7 per cent. in women. Anomalies in general are said to affect the left half of the body more frequently than the right, and the experience of dentists is brought forward by M. Galippe as showing a very common exemplification of the fact, dental caries being declared to be oftener met with on the left side than on the right, as well as the non-appearance of the wisdom-teeth or the occurrence of derangement of the health at the time of their appearance. Moreover it is alleged that the teeth of the right side are generally somewhat larger and harder than those of the left side. On the other hand, irregularity of the canines, or eye-teeth, is set down as more common on the right side. The left half of the jaw itself is said to be somewhat less developed than its fellow, as a rule.

It is evident from the facts brought out in these various inquiries, that the question of the cause or causes of left-handedness is not a simple one, and it may be said, in particular, that the occasional coincidence of a predominant right arm and a more highly-developed left leg, and *vice versâ*, seems to vitiate the theory that refers the preponderance of one side to brain-inequality.

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

SOCIAL AND PHYSIOLOGICAL INEQUALITY.

By Henry Dwight Chapin, M.D.

Professor of Children's Diseases in the Woman's Medical College of the New York Infirmary.

FIRST ARTICLE.

The subject of the hour is the social problem. Viewed in the light of the pressing questions demanding settlement—questions really of life and death—the new science of sociology overshadows all others in importance. The air is full of the angry clamour raised by different cliques and classes, all arguing from the standpoint of their own interests. The strain to which society is thus subjected must be relieved, if possible, by broad and unprejudiced reasoning in the line of causes. In this manner only can the possibilities and limitations of relief be suggested. It is evident that in the present state of society many are hopelessly worsted in the effort to gain, not a competency, but a moderate sustenance. Numerous irrelevant causes and cures are constantly being proclaimed for this glaring evil, leaving the essential causes untouched.

The mutterings of discontent heard on all sides have their basis largely in the belief that the fault lies in a friction resulting from an artificial social order. Economic laws are really, at bottom, the outcome of physiological laws and conditions. Assuredly, laws of Nature are fundamental, and must underlie economic laws; the latter may be modified, but not essentially altered by artificial social relations. Certain reformers are fiercely attacking our social system as the ultimate cause of misery, entirely overlooking the fact that social conditions are merely the resultant and aggregate of individual characteristics. As long as these remain unchanged, society may be repeatedly disintegrated, but the same abuses will as regularly spring up. Those who are demanding more social equality must first see to it that there is more individual equality.

It is a favourite corollary of our political system that all men are born equal. Unfortunately, legal equality is not equality. In fact, there is no such thing as physiological equality. Much of the restlessness of the age is the endeavour to institute formulas and laws of equality while no such real element exists. Two stupendous factors are present in all life, physical as well as mental—heredity and environment. These all-controlling influences are present, for good or evil, in varying proportions in different lives. With the generation of life heredity, whose mysterious effects we must recognize without understanding, has done its best or worst for the beginning existence; its potency has been in the past, acting, perhaps, through long reaches of time. With commencing life comes in the new element of environment, as the complement of heredity, to enhance the evil trait, or perhaps obliterate it; too often to sow the seeds of physical and mental weakness in a constitution that was given a healthy start. To insure correct environment and habit, particularly in the early years of life, is of vital importance to the well-being and efficiency of the individual. This, unfortunately, is not, and in many cases cannot, be done. Hence the fearfully unequal physical, mental, and moral equipment of mankind, that allows the minority to have too much,

the majority too little, of the world's necessities and comforts.

This question, however, has a broader interest than is merely involved in economics. One of the ultimate aims of life upon earth is the perpetuation of the species, an essential incident of which is the struggle to live. This aim of life in Nature is seen in all creations, from trees and insects up to man. Under the term "struggle of life" are included many complex factors. Such problems as how to conserve and prolong life, how to lower the death-rate in children, how to produce good hereditary development, how to strengthen the bodies and minds and enlarge the spiritual bounds of men—all these, and many other questions, are included in a conception of this struggle. It is evident that those are the best conditions of life that lead to the highest development of the physical, mental, and moral faculties, and the largest and best growth of the species. The all-important question is this: How are the present conditions of society favouring and how subverting a successful struggle on the part of many of its members? How far do they tend to cripple the best development of life? This larger and more absorbing question includes the narrower one we are here discussing, as to the observed inequalities of society. It is too large a theme for a single essay. A brief glance at the varying conditions that produce social inequality may be of interest.

1. *Unequal Physical Development.*—As a rule, the more bodily vigour a person possesses the better will be his chance of getting on in the world. Many people fail because they have not the physical strength for prolonged and successful effort. What fair chance, then, has a child beginning life in an overcrowded tenement-house, all of whose bodily functions are from the first contaminated? The cells, of which the human body is but an aggregate, might at this time, by healthy surroundings and physiological living, have marked upon them an impress of lasting vigour; by foul air and improper nourishment they likewise have sown in them the seed of an early degeneration. After a large dispensary experience, I have no hesitancy in saying that the great majority of children brought up in the tenement-houses of New York are, in greater or less degree, affected by a constitutional taint, usually scrofulous or rachitic. Such a vicious condition grows by what it feeds on. Each generation will get worse from the addition of hereditary influences to the faulty environment, unless something is done to check these evils. It is not difficult to foresee what will result in a community if a large proportion of its inhabitants are, by reason of their physical organization, seriously handicapped in the struggle for existence. The dirt and discomfort, in the midst of which thousands live at our very doors, would astound many among the better classes who are always wondering at the shiftlessness of the poor. A suggestive paper was read before the British Medical Association in 1885, showing the large influence that bodily comfort has in lowering the death-rate. The same influences that can increase mortality among the poor are also operative in curtailing their efficiency and usefulness.

2. *Unequal Mental Development.*—Some of our modern materialistic philosophers would have us believe that mind is a function of body—a sort of secretion of the brain. While this bald conception will not commend itself to many, it certainly is true that mind acts through nervous organization, the integrity of which stands in a direct relation to the most efficient mental manifestation. In the physical growth of man a completely developed brain is the highest type of organization. The normal action of the mind is much modified by the health or disease of the nervous elements, which are constantly affected by the condition of the vital organs. As a rule, therefore, an efficient mind is an accompaniment of a well-acting body. It is true that brute strength is frequently seen accompanied by signs of only inferior mental life, but in such cases the evolution of the higher nerve-centres, together with proper education of the mind, has been in obeyance for generations, with resulting stagnation. In the intensely close competitions of the present day a certain mental acumen is absolutely necessary to attain any measure of success. The man who has not the mental equipment to figure a close bargain will as inevitably succumb to the one who can, as the bird with the longest beak or strongest claw will vanquish its weaker antagonist. The physically and mentally weak inevitably yield before the law of the survival of the fittest in our modern civilization. This law may be more immediately apparent in its action on physical than on mental life, yet it is as real in one as in the other sphere. Hereditary taint and bad hygienic surroundings produce in many such a condition of weak lungs as to develop, by the ordinary and necessary exposure of life, the disease known as consumption. Death results; and such people die because their lungs are not fit, or strong enough, to survive in the conditions of their environment. Our dispensaries and hospitals are now crowded with such unfortunates who are bound to succumb, sooner or later, to this unerring natural law. Persons with vigorous lungs, who can do the world's work and thrive under conditions that destroyed the former class, are living examples of a physical survival of the fittest.

But there is just as much a mental as a physical exemplification of this law. The dull wit cannot be made to accomplish that which is easily done by the acute mind—cannot live the same life. A man who digs a canal must, in order to do the only thing within his capacity for earning a living, become the tool of the mentally "fitter" man—the engineer—who has the intellectual skill to plan such a work. Disgusted at his uneven lot, the labourer would often strike down the man whose mental superiority makes possible the earning of his bread. Trades-unions, in attempting to reduce all work and wages to a dead level, in spite of the varying abilities of different working-men, are striving to accomplish a reversal of natural law. As for any permanent success in this matter, they will find it about as difficult to change the operation of the law of the survival of the fittest, as the law of attraction of gravitation. A state or society might as well decree that the man with the strong lungs should not live any longer than the one with

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weak lungs, as attempt to restrain the fertile, active mind, and limit its performance by the capacity of the dull brain. At the same time, we should strive to find out the preventible causes of mental as well as of physical inferiority.

The child from the swarming tenement-house, after a desultory and unpractical schooling, is quickly transferred to shop or factory, where the struggle of life must be begun on a pitiably insufficient physical and mental training. A practical, industrial education does not appear to be within the conception of our public schools. This is just the line of education that would make them useful to the poor. We are hearing much at present of the dignity of manual labour; but work of the hands, unless in a measure directed by the head, is rather a lame accomplishment. Working-men often show an inability to get along, because they have not sufficient mental equipose to direct their affairs properly, as well as their work. They are continually being victimized by political manipulators and social quacks from this cause. Social conditions that keep men and women hopelessly toiling all their lives on one low plane are lamentable, but biological law shows us that heredity and a terribly unfavourable environment have of necessity precluded the physical and mental acuteness necessary to reach a higher level.

WHAT ARE CLOTHES-MOTHS?

Clothes-moths, injurious to woollen goods and furs, are of the species of *Tinea—pellionella, biselliella, tapetzella,* or *rustica*. The most common one is *Tinea pellionella*, which in its mature state carries about half an inch expanse of wings. Its fore-wings are shining, grayish-yellow, with three indistinct brownish spots in the middle, and its hind-wings are whitish-gray. It is abundant in houses, and may be found at any time between January and October, though most abundantly in the early summer months. The moth is innocent. The larva, which does all the damage, is a tiny caterpillar, dull whitish, with a reddish-brown head.

It is the only one of the four species that makes a tunic or movable case for itself. This case is very ingeniously constructed, and consists of an outer layer of fragments of the articles it has fed upon, and an inner layer of silk, forming a soft and smooth lining. It is nearly cylindrical in form, but of slightly larger diameter across the middle, and a little flattened above, and it is open at both ends.

These cases are varied in their appearance, and of different colours, according to the colour of the goods from which they are formed. The case is enlarged as the insect grows, both by adding to its length and to its circumference. For the latter enlargement, the case is split and patched up in two slits at each end, with an ingenuity that borders on intelligence.

The chrysalis state is assumed inside the case, the caterpillar becoming, by throwing off its last larval skin, a little, yellowish-brown, helpless thing, similar in form to the chrysalides of the larger moths. The chrysalis is anchored by fine threads to the cloth in which the insect lives. From this the perfect insect emerges, when its time has been fulfilled, lays its eggs, and then dies. The eggs are extremely minute, and are deposited on the cloth, or in crevices and corners close to a supply of food. The young grubs begin life by attacking the old cases of their progenitors, with which they make cases for themselves, and begin to feed on clothes proper at a later period of life.

Public Health

"Health is the first Wealth."—*Emerson.*

SANITARY ENGINEERING AND ITS RESULTS AS ILLUSTRATED IN THE CITY OF DUBLIN.

In the year 1879 active measures for the improvement of the sanitary condition of Dublin were commenced by the corporation. Over 150,000 dols. were expended in sewer construction; 4,350 water-closets have been put in place and connected with the sewers; two large, greatly overcrowded and unhealthy areas have been cleared, at a cost of about 280,000 dols.; over 550,000 dols. have been expended in construction and paving of streets; an abattoir has been established, at a cost of about 75,000 dols.; over 50,000 dols. have been expended in the construction of public baths and wash-houses, and over 110,000 dols. in domestic scavenging. Much has been done towards improving the condition of the tenement-house population, and 7,000 persons now inhabit the houses of the Dublin Artizans' Dwellings Company. In April, 1881, the population of the city proper was 249,602, numbering 54,275 families, and inhabiting 24,211 houses. At present the population of the city proper is estimated at 252,239, and of the whole registration district at 353,082.

It is not yet time to perceive the full effect of the sanitary work which has been done, but some results are fairly stated in the last report of the Medical Officer of Health, Sir A. C. Cameron, for the year 1886, and to these we would invite the attention of our municipal authorities.

As Dr. Cameron remarks, the fact that there is a relatively greater number of very poor persons in Dublin than in most other large cities must be remembered in considering the death-rates. In English towns 17 per cent. of the deaths occur in workhouses and charitable institutions, while in Dublin the proportion of deaths in such institutions is 30 per cent. The death-rate for all ages was, in 1879, 35·7 per 1,000; in 1880, 35·9; and the yearly average death-rate for the ten years, 1876-85, was 29·5. In 1886 the death-rate was 26·9. One of the best tests of the results of municipal sanitary work is, as our readers know, the effect which it produces on infant mortality. In 1879 the death-rate of children under five years of age was 109·6 per 1,000, in 1880 it was 133·6, and the average for the ten years, 1876-85, was 90·2. In 1886 it was 30·8.

While the figures are by no means conclusive proof of

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"Isabella Thwaites."

increased healthfulness, since the death-rates in 1886 were low almost everywhere, they do give very good evidence of improvement when taken in connection with certain details, such as the great diminution in the annual number of deaths from typhus.

The work of improvement is going on steadily—79 houses were distenanted and closed during the year 1886 as being unfit for human habitation, 48,327 inspections of tenement-houses were made by the seventeen inspectors engaged on that work, and the estimated expenditure by the Public Health Committee is a little over 100,000 dols.

It is expensive work to put an old, crowded town, with polluted soil, unpaved streets, and old-fashioned, leaky, sewers, into good condition, but it pays after all. We congratulate the Dublin authorities on the excellent showing that Dr. Cameron makes in his last report, and hope that five years hence they will find that the improvement in the health of the city is so distinct that there can be no doubt of the profit from their expenditure and labours.—*Sanitary Engineer.*

Treatment of Scarlet Fever.—It would be interesting if a census were to be taken with a view to ascertain what treatment of scarlet fever was most in vogue amongst practitioners of to-day. We suspect that not an inconsiderable portion of this vote would fall to the lot of expectancy, by which must be understood the absence of any attempt to arrest the course of the malady, combined with great watchfulness of the symptoms and the treatment of the most dangerous of these morbid phenomena. The present epidemic is for the most part of a mild nature, but considerable attention has to be given to the throat, which seems to suffer in a marked degree, the glandular swelling being correspondingly marked. Hence it will be found that gargles of all kinds, and especially those of an antiseptic nature, are freely used, together with compresses of various degrees of heat and moisture applied to the neck. Most practitioners, even those of the most expectant schools, employ topical applications to the throat and nose. Many articles are used to relieve the thirst and sensation of dryness, but nothing is more effective than ice and a little raspberry vinegar. It is important to keep the nostrils and nasal passages sweet and clean. For cerebral symptoms, nothing is better than the application of cold, either in the mild form of lint soaked in ice water and applied to the shaven head, or in the more effective capilline tubes, with irrigation. Compression of the carotid arteries and bleeding are seldom practised nowadays, either in scarlet or any other fever. Aconite in minute doses, frequently repeated, is still the favourite drug of many practitioners, but its employment needs the exercise of clinical discretion, especially in children. Actual bathing in cool or tepid water is practised by but few physicians, though the number of practitioners who recommend the use of cold or tepid sponging, the patient lying in bed on a macintosh, appears to be largely on the increase. Most of the alleged specific and curative agents have long since lapsed into discredit. Belladonna finds but few adherents, and carbonate of ammonia almost none. Considerable difference of opinion exists on the merits of inunction with fat, cold cream, and the like, two of the most recent authors on the diseases of children taking opposite views, Dr. Goodhart advocating and Dr. Angel Money opposing the universal inunction, though the latter sees no objection to relieving the tension of the palms and soles by the application of geoline or vaseline scented with eucalyptol.—*Lancet.*

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

MESMERISM IN FRANCE.

By Max Dessoir.

FIRST PAPER.

The voluntary production of those abnormal conditions of the nerves which to-day are denoted by the term "hypnotic or 'mesmeric' researches" has manifested itself in all ages and among most of the nations that are known to us. Within modern times these phenomena were first reduced to a system by Mesmer, and, on this account, for the future deserve the attention of the scientific world. The historical description of this department, if one intends to give a connected account of its development, and not a series of isolated facts, must begin with a notice of Mesmer's personality, and we must not confound the more recent development of our subject with its past history.

The period of mesmerism is sufficiently understood from the numerous writings on the subject, but it would be a mistake to suppose that in Braid's "Exposition of Mesmerism" the end of this subject had been reached. In a later work I hope to show that the fundamental ideas of biomagnetism have not only had in all periods of this century capable and enthusiastic advocates, but that even in our day they have been subjected to tests by French and English investigators from which they have issued triumphant.

The second division of this historical development is carried on by Braid, of Manchester, whose most important service was emphasizing the subjectivity of the phenomena. Without any connection with him, and yet by following out almost exactly the same experiments, Professor Heidenhain reached his physiological explanations. A third division is based upon the discovery of the hypnotic condition in animals, and connects itself to the *experimentum mirabile.* In 1872 the first writings on this subject appear from the pen of the physiologist Czermark; and since then the investigations have been continued, particularly by Professor Preyer.

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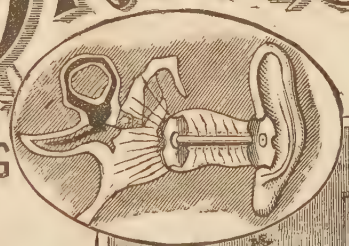

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MANY people believe that Nature has somewhere a remedy for every disease. So many and so terrible are the ills of life, and so slight the pleasure we get as time flies past, that such a belief is the least faith we can show in a gracious and all-wise Providence. A few remedies—but, alas, how few!—have been found. Others, so far, lie hidden from human inquiry. Occasionally death follows quickly on the heels of the evil—an illustration of the dangerous character of the ailment to be relieved.

For example, Nervous Dyspepsia is a comparatively *new* disease, growing out the conditions of modern life. It is a joint affection of the digestive organs and of the nervous system. These two were formerly treated as separate ailments, and it was left for the clear-sighted thinkers to prove that the basis of this terrible and often fatal complication lies chiefly in the disordered and depraved functions of digestion and nutrition. They reasoned thus: "If we can induce the stomach to do its work, and stimulate the excretive organs to drive out of the body the poisonous waste matters which remain after the life-giving elements of the food have been absorbed, we shall have conquered Nervous Dyspepsia and Nervous Exhaustion." And they were right. Knowing the infallible power of Seigel's Syrup in less complicated though similar diseases, they resolved to test it fully in this. To leave no ground for doubt, they prescribed the remedy in hundreds of cases which had been pronounced incurable—with perfect success in every instance where their directions as to living and diet were scrupulously followed. Nervous Dyspepsia and Exhaustion may almost be called a peculiarly English disease. To a greater or less extent half the people of this country suffer from it—both sexes and all ages. In no country in the world are there so many insane asylums filled to overflowing, all resulting from this alarming disease. Its leading symptoms are these: Frequent or continual headache; a dull pain at the base of the brain; bad breath; nauseous eructations; the rising of sour and pungent fluids to the throat; a sense of oppression and faintness at the pit of the stomach; flatulence; wakefulness and loss of sleep; disgust with food even when weak from the need of it; sticky or slimy matter on the teeth or in the mouth, especially on rising in the morning; furred and coated tongue; dull eyes; cold hands and feet; constipation; dry or rough skin; inability to fix the mind on any labour calling for continuous attention; and oppressive and sad forebodings and fear.

All this terrible group Mother Seigel's Curative Syrup removes by its positive, powerful, direct, yet painless and gentle action upon the functions of digestion and assimilation. Those elements of the food that build up and strengthen the system are sent upon their mission, while all waste matters (the ashes of life's fire) which, unremoved, poison and kill, are expelled from the body through the bowels, kidneys, and skin. The weak and prostrated nerves are quieted, toned, and fed by the purified blood. As the result, health, with its enjoyments, blessings, and power, returns to the sufferer, who had, perhaps, abandoned all hope of ever seeing another well day.

Mother Seigel's Curative Syrup is for sale by all chemists and medicine vendors, price 2s. 6d. per bottle, and by the proprietors, A. J. White, Limited, 35, Farringdon-road, London, E.C.

dently to the study of the same phenomena, France experienced a strange development, which shows, as nothing else could, how truth everywhere comes to the surface, and from small beginnings swells to a flood which carries irresistibly all opposition with it. This fourth division of the history of hypnotism is the more important, because it forms the foundation of a transcendental psychology, and will exert a great influence upon our future culture; and it is this division to which we wish to turn our attention. We have intentionally limited ourselves to a chronological arrangement, since a systematic account would necessarily fall into the study of single phenomena, and would far exceed the space offered to us.

James Braid's writings, although they were discussed in detail in Littré and Robin's "Lexiçon," were not at all the cause of Dr. Philips' first books, who therefore came more independently to the study of the same phenomena. Braid's theories became known to him later by the observations made upon them in Béraud's "Elements of Physiology," and in Littré's notes in the translation of Müller's "Handbook of Physiology;" and he then wrote a second brochure, in which he gave in his allegiance to Braidism. His principal effort was directed to withdrawing the veil of mystery from the occurrences, and by a natural explanation relegating them to the realm of the known. The trance caused by regarding fixedly a gleaming point, produces in the brain, in his opinion, an accumulation of a peculiar nervous power, which he calls "electrodynamism." If this is directed in a skilful manner by the operator upon certain points, it manifests itself in certain situations and actions that we call hypnotic. Beyond this somewhat questionable theory, both books contained a detailed description of some of the most important phenomena; but with the practical meaning of the phenomena, and especially with their therapeutic value, the author concerned himself but slightly. Just on account of this pathological side, however, a certain attention has been paid to hypnotism up to the present time.

In the year 1847 two surgeons in Poictiers, Drs. Ribaut and Kiaros, employed mesmerism with great success in order to make an operation painless. "This long and horrible work," says a journal of the day, "was much more like a demonstration in the dissecting-room than an operation performed upon a living being." Although this operation produced such an excitement, yet it was twelve years later before decisive and positive official intelligence was given of these facts by Broca, Follin, Velpeau, and Guérinau. But these accounts, as well as the excellent little book by Dr. Azam, shared the fate of their predecessors. They were looked upon by students with distrust, and by the disciples of Mesmer with scornful contempt.

The work of Demarquay and Giraud Teulon showed considerable advance in this direction. The authors, indeed, fell back upon the theory of James Braid, which they called stillborn, and of which they said, "*Elle est restée accrochée en route;*" but they did not satisfy themselves with a simple statement of facts, as did Gigot Suard in his work that appeared about the same time. Through systematic experiments they tried to find out where the line of hypnotic phenomena intersected the line of the realm of the known. They justly recognized that hypnotism and hysteria have many points of likeness, and in this way were the precursors of the present Parisian school. They say that from magnetic sleep to the mesmeric condition an iron chain can be easily formed from the very same organic elements that we find in hysterical conditions.

At the same time, as if to bring an experimental proof of this assertion, Lasigue published a report on catalepsy in persons of hysterical tendencies, which he afterwards incorporated into his larger work. Among his patients, those who were of a quiet and lethargic temperament, by simply pressing down the eyelids, were made to enter into a peculiar state of languor, in which cataleptic contractions were easily produced, and which forcibly recalled hypnotic phenomena. "One can scarcely imagine," says the author, "a more remarkable spectacle than that of a sick person sunk in deep sleep, and insensible to all efforts to arouse him, who retains every position in which he is placed, and in it preserves the immobility and rigidity of a statue." But this impulse also was in vain, and only in a few cases were the practical tests followed up with theoretical explanations.

Unbounded enthusiasm and unjust blame alike subsided into a silence that was not broken for ten years. Then Charles Richet, a renowned scientist, came forward in 1875, impelled by the duty he felt he owed as a priest of truth, and made some announcements concerning the phenomena of somnambulism; and in countless books, all of which are worthy of attention, he has since then considered the problem from its various sides.

He separates somnambulism into three periods. The word here is used for this whole class of subjects as Richet himself uses it; viz., *torpeur*, *excitation*, and *stupeur*. In the first, which is produced by the so-called magnetic passes and the fixing of the eyes, silence and languor come over the subject. The second period, usually produced by constant repetition of the experiment, is characterised chiefly by sensibility to hallucination and suggestion. The third period has as its principal characteristics supersensibility of the muscles, and lack of sensation. Yet, let it be noticed that these divisions were not expressed in their present clearness until 1880; while in the years between 1872 and 1880, from an entirely different quarter, a similar hypothesis was made out for hypnotic phenomena.

Jean Martin Charcot, the renowned physician of the Parisian Salpêtrière Hospital, without exactly desiring it, was led into the study of artificial somnambulism by his careful experiments in reference to hysteria, and especially by the question of *metallotherapie*, and in the year 1879 had prepared suitable demonstrations, which were given in public lectures at the Salpêtrière. In the following years he devoted himself to closer investigation of this subject, and was happily and skilfully assisted by Dr. Paul Richer, with whom were associated many other physicians, such as Bourneville, Regnard, Fèré, and Binet. The investigations of these men present the peculiarity that they observe hypnotism from its clinical and nosographical side, which side had until now been entirely neglected, and that they observe patients of the strongest hysterical temperaments. "If we can reasonably assert that the hypnotic phenomena which depend upon the disturbance of a regular function of the organism demand for their development a peculiar temperament, then we shall find the most marked phenomena when we turn to an hysterical person."

Combe Lectures.—This winter Dr. Andrew Wilson delivers courses of lectures, under the Combe Trust, in Coatbridge, Motherwell, Bo'ness, Bonnyrigg, Auchterarder, Alexandria, Newmilns, and Kilmarnock. The lectures to teachers in Edinburgh and Glasgow will be resumed next year, the subject being "The Physiology of Motion and Nutrition."

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Health of Actors.—In a general way the life of an actor may be spoken of in very favourable terms. There is not too much, but yet quite sufficient, study to keep his mind healthily occupied; the amount of exercise, with rehearsals by day and performances by night, is quite ample to keep his physical powers actively engaged; while, what with a moderate amount of excitement, both are maintained in good repair by plenty of change of associations, ideas, and dress. Various circumstances have hitherto prevented us from instituting careful or reliable inquiries into any diseases or afflictions peculiar to the profession. Among other sources of information there would probably be a fruitful field of search in the books of the various sick and benefit societies—notably the Actors' Benevolent, the Royal General Theatrical, the Drury Lane Theatrical, and the Dramatic and Musical Sick Funds, as well as the Music-hall Sick Fund Provident Society. Mortality statistics are also difficult to get. Judging from the lives of some of our eminent actors and actresses, the practice of their art appears on the whole to have had little or no effect in curtailing the normal span of natural existence, though it is possible that, other things being equal, the longevity may be ascribed to the constant mental application exercised. With regard to lung and throat affections, colds and catarrhs are more apt to occur in aspirants for honours on the music-hall boards than on the stage, a fact easily explained in that the former are liable to far greater exposure from having to perform at sometimes three, or perhaps four, different music-halls during the course of an evening. As far as our limited experience goes, there are no reported cases of "clergyman's throat." An explanation of this is easy when we bear in mind that whereas the parson usually harps on more or less the same note, which necessarily sooner or later becomes strained, the actor is continually employing a very varied series. Eyesight among actors is usually strong; the eyes can be long fixed without the slightest blinking. Short-sight is exceptional, but this is only what we should have been led to expect from the very nature of the requirements of the profession. The different phenomena comprised under the term "stage-fright" are far from being thoroughly understood, though possibly they are all explicable by sudden want of confidence brought on by various causes. And whereas in the olden days performers had often to be content with a day or two in getting up their parts, it is quite common nowadays, thanks to a plentiful market and long runs, for actors and actresses to have the full advantages of a four or five weeks' rehearsal. A statement having been current in one of the dailies somewhat to the effect of "long runs" being injurious to the mental condition of the performers; information on the subject was last year sought from certain London "stars" by the editor of the *Pall Mall Gazette*, in which the series of replies was afterwards published. Unfortunately, nothing of paramount importance was to be gleaned from the opinions expressed. To put it shortly, long runs are bad for art, but good for actors.—*Sanitary Record.*

A wash of equal parts of lactic acid and glycerine is an effectual and harmless application for freckles.

Sanitary Appliances, Etc.

"THE OLD CIVET CAT."

At No. 17, Cockspur-street, Pall-Mall, London, S.W., is situated "the ancient house" of Bayley, which on both sides of the Atlantic, and indeed throughout the world, has attained a high reputation for the excellence of its soaps, perfumery, and other toilet and medical articles. The sign of the "Old Civet Cat" dates very far back indeed, in the history of Bayley's business. When Long Acre was a fashionable quarter of London, "Bayley's" was therein situated, and was a well known resort of the *monde* of these days. Bayley's Blacking was a notable product of these times, and it is related of this preparation that "Some men of a regiment on outpost duty were suddenly lost sight of, and supposed to have deserted in a body. Many years after, when the circumstance had been forgotten, some men, in clearing a long closed-up pit, came upon the skeletons of some soldiers. In their cartridge-boxes, which had not perished, were—one to each—a cake of Bayley's blacking, which, when tested, were found as fresh for use and as efficient as on the day when they were first manufactured." For perfumery, the "Old Civet Cat" was a noted emporium; and it is related that "The Hungary Water, first made many years ago to suit the then Empress-Queen of Hungary, and therefore called 'De la Reine,' became a favourite of King George IV., who advised a slight but effective alteration in that supplied to him. With the Bouquet, however (Bayley's Ess Bouquet), he was so satisfied and delighted that he never suggested any change at all—from the day that Princess Esterhazy first introduced it to his notice, to that when he received the last packet at Windsor, a very short time before his death. (At a State ball he asked the Princess what scent it was. She told him.) When the Court was at Windsor, a regular communication was kept up by a Dragoon riding up from the castle or the cottage, as the case might be, generally every week—sometimes oftener—and bringing the commands of the King, and directions for the execution of his several orders, not for Ess Bouquet or Hungary Water only, but for soaps and the other perfumes which he liked, and those other articles of which he was then in want, and which he was in the regular habit of using. It was not the King only that honoured the old house with his patronage, but his Royal brothers as well—the Dukes of York, Kent, and Cumberland (afterwards King of Hanover.) It had the appointments likewise of the Dukes of Clarence (William IV.) and Cambridge. Some of these are still in possession of the house, and recall old times. The very early visits to the Duke of Kent at Castlebar, at Ealing, were long memorable, as they were certainly peculiar in their appointments. It may be added that a front room in the first floor of the house was not unfrequently occupied by the Royal brothers, particularly the Dukes of York and Cumberland, to witness processions, of which there were many in those days, and in which they had no part: such as those of the chairing of the members for Westminster, and other electioneering processions, then frequent on a large scale, and elaborate, and those of the trades and political parties—all having a more or less public interest." "Bayley's" was, in fact, a resort of the fashionable world of a past decade, just as were the coffee-houses of old the resorts of the literary class.

Turning from things old to things new, it is pleasing to find the reputation of this old established house, as fresh and as notable to-day as in bygone times. The vitality of Bayley's is proverbial, and an examination of the manufactures of the firm clearly shows that to their uniform purity and excellence are to be ascribed the long continued patronage which has been bestowed upon this successful and old-established business. Primarily, we may note as of medical interest the reputation of Bayley's Pyrmont Tablets which are so frequently recommended in our columns as curative of hæmorrhoids—these tablets, together with a specially prepared ointment, having been successfully used and prescribed by physicians for the relief of this distressing ailment for many a long year. In the manufacture of perfumes, "Bayley's" has been *par excellence*, a noted house. Of the Hungary Water and Ess Bouquet mention has already been made. Nothing finer in the way of perfumes has been produced than these excellent articles, which, it may be added, are thoroughly economical, seeing that "a very little goes a long way" in perpetuating fragrance—a point markedly absent in cheap and common scents. Probably, no toilet article, however, in all the long list of the "Old Civet Cat" will find greater favour in the eyes of the public than the Eau des Violettes—a toilet water of extreme fragrance, and which reproduces in the most exact fashion the true odour of the flowers. As a face lotion, and as a refreshing addition to the bath, this fluid has no rival. The hair preparations made at "Bayley's" are numerous and carefully compounded. The "Aroma al Caireuse" may be specified as a preparation calculated to arrest the falling of the hair

and to act as an admirable stimulant and restorative; while an "Extract of Flowers" for washing the hair is also to be highly recommended. For the teeth and gums, Bayley's "Essence of Pearl" and "Pearl Dentifrice" present us with excellent means for arresting tooth decay, and for preserving the teeth and gums. The soaps made by this firm have been subjected by us to examination. They are emollient, devoid of all excess of alkali, and are carefully prepared. The Spermaceti Soap is an admirable article for nursery and ordinary use, while many other varieties of soaps delicately perfumed, but invariably pure and emollient, are prepared by the firm. To shavers, as we can testify from experience, the Spermaceti Shaving Tablets and Cream, will prove a veritable boon. The Eau de Cologne, imported direct from the maker, and the Lavender Water made at the sign of the "Civet," are found to be specially powerful as scents, and highly useful as stimulating lotions to the skin in cases of acne or "blackheads." Added to these many useful toilet articles we find Bayley's "Scouring Drops" for the removal of grease from silks, woollen fabrics, &c., and "Hindoo Marking Ink," a permanent and indelible fluid which does not injure the finest fabrics. We have by no means exhausted the list of Messrs. Bayley's manufactures; but enough has been said to show that for excellence and purity of toilet preparations this house is without a rival even in the great metropolis itself.

Locality and Disease.—We know now that one of the most fatal diseases of the land, pulmonary consumption, prevails in given lines of localities with dampness as a factor of the affection in those places; that other diseases, such as rheumatism, affect valleys and secluded places where damp also is an evil; that in some localities cancer is a prevailing pathological sign of the place, and the like. We might, in short, now, as sanitarians, mark out dangerous places and particular dangers, as a cycling society marks out dangerous roads and particular dangers of those roads. We might put up, if it were necessary, at the entrance into a town or locality, the names of the prevailing diseases, and the special reasons why the diseases do prevail.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "The Editor of Health," 2, Paternoster-square, London, E.C. *Those intended for the Publishing Office to be sent to* Mr. A. P. Watt, The Publisher, *at the same address.*

RULES FOR CORRESPONDENTS.

Owing to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the Letter-Box Department of Health, to the following rules:—

1. All questions are answered free of charge in the columns of Health.
2. All letters must be legibly addressed to "The Editor of Health, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of Health. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded free to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending Health to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

"ELECTRICITY IS LIFE."
(TRADE MARK.)

PULVERMACHER'S
WORLD-FAMED
GALVANIC BELTS,

FOR the CURE of NERVOUS DISEASES.
HAVE RECEIVED TESTIMONIALS from
THREE PHYSICIANS to
HER MAJESTY the QUEEN,
THE ACADÉMIE DE MÉDECINE of Paris and
FORTY MEMBERS of the
ROYAL COLLEGE of PHYSICIANS of LONDON.

RECENT TESTIMONIALS.

GALVANISM *v.* NERVOUS EXHAUSTION.
Lansdowne, Evesham, 1st November, 1887.
Dear Sir,—I am thankful to say your Electric Belt and Spine Band have been, under God's blessing, of great value to me, giving me the decided increase of general power and vigour which I was feeling so much in need of.
I have strongly recommended your treatment to my friends.—Yours faithfully, H. Brierley.
Mr. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS DEBILITY.
Lucerne, Switzerland, 24th October, 1887.
Dear Sir,—I am glad to inform you that your Galvanic Suspensor Belt, which I purchased some time ago, has quite cured me.
I was suffering from extreme nervous debility, but the application of your galvanic appliance has resulted in a speedy and complete cure. I recommended your treatment to another sufferer, and he is now perfectly well, after using your Galvanic Belt. If you want more particulars, I will gladly answer any inquiry.—Yours very truly, C. J. Ribary.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* EXTREME NERVOUS DEBILITY,
Nichols Town, Southampton, 21st October, 1887.
Gentlemen,—It is with great pleasure that I write to inform you how much benefit I have derived from wearing one of your Galvanic Belts.
When I first wrote to you I was quite unfit for work through a severe attack of nervous debility; but after wearing your appliance for a few days I was able to return to work again, and have been improving in health ever since.
You may refer any one to me, and make what use you like of this letter.
Yours obediently, W. Frank.
Messrs. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* LUMBAGO and NERVOUS EXHAUSTION.
Herne Bay, Kent, 19th October, 1887.
Dear Sir,—I wore one of your Galvanic Belts for a period of about three months, and have great pleasure in stating that I have derived immense benefit from its use. It has quite cured me of lumbago, and it is better than all the tonics in the world.—Yours faithfully,
G. Turner Jones, Bengal Infantry.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* PAIN in the SHOULDER.
Southsea, Hants, 10th October, 1887.
Dear Sir,—I have found your Galvanic Belt extremely useful in a case of severe pains due to accidental injury to the shoulder.—Yours truly,
Mr. J. L. Pulvermacher, 194, Regent-street, W. F. J. Driver, M.D.

GALVANISM *v.* SEVERE NEURALGIA.
Peckham-rye, London, S.E., 8th October, 1887.
Dear Sirs,—Some years ago I suffered much from severe neuralgia in the shoulders, for which I was advised to try one of your Galvanic Bands. I had been treated by one of the most celebrated physicians in London, without deriving any relief, but after using your appliance I soon found great benefit, and eventually got rid of this painful ailment. I can therefore recommend any sufferer to give your treatment a trial, as one of the best and safest remedies for similar nervous disorders.—Yours faithfully, G. Harris.
Messrs. J. L. Pulvermacher & Co., 194, Regent-street, W.

GALVANISM *v.* EXTREME NERVOUS DEBILITY.
Moss Side, Manchester, October 6th, 1887.
Dear Sir,—I hope you will excuse me not sending you word sooner of the wonderful benefit which I have derived from wearing one of your Galvanic Chain Belts. I was suffering from extreme nervous debility which no medicine could cure, and my sister wearing one of your belts for sciatica, from which she derived much benefit, I determined to try one for my complaint, and soon found it wonderfully efficacious in my case, since which time I have married and have now two as fine children as any parents would wish to see. I have recommended your Belts to several of my friends, some of whom are now trying your treatment.
You can make any use you like of this letter, reserving my full name and address, except on application.—Yours respectfully, R. C.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.
The distressing symptoms of Nervous Exhaustion and Debility are speedily removed by means of PULVERMACHER'S world-famed GALVANIC BELTS, which are so arranged as to convey a powerful electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

ADVICE PERSONALLY or by LETTER, free of charge.

FOR FURTHER TESTIMONIALS, both Medical and Private, see new Pamphlet, "GALVANISM: NATURE'S CHIEF RESTORER OF IMPAIRED VITAL ENERGY," post free on application to
J. L. PULVERMACHER AND CO.,
GALVANIC ESTABLISHMENT,
194, REGENT-STREET, LONDON, W. (nearly opposite Conduit-street).

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

P. Johnston.—The hair may be dyed black by using a solution of the strength of ten to twenty grains acetate of lead to the ounce of water to the hair, and when this has dried in, the hair is wetted with sulphide of ammonium. If used for any length of time, lead-poisoning might result. A wash for making the hair dark consists of acetate of lead and sulphur—a drachm of each added to eight ounces of distilled water—this is to be used night and morning till the hair darkens, and then at less frequent intervals. Free the hair from all grease before applying any dye by washing it with eau de Cologne and water.

A. Neill.—The man who wrote you is a notorious quack, and his statements are simply falsehoods in every sense of the term. You are not in bad health, and only require judicious living to make you perfectly well. Read the pamphlet recommended to "F. F." in the present number of Health for a full description of health-rules applying to cases like yours.

Clericus.—You are doing wrong in taking a warm bath each morning; you should try a tepid bath, and then gradually accustom yourself to a cold one. The warm bath is relaxing; you require tonic measures. Read the pamphlet recommended to "F. F." below, and you will find full information regarding your case therein.

John Aird.—A Pulvermacher's Galvanic Belt may be of service to you. But so long as you do not take plenty of open-air exercise and cultivate a cheerful mind you will always be more or less affected. Above all, steer clear of quacks.

Martha.—A gargle for relaxed throat is made by adding two and a half drachms of alum, an ounce of honey, and a pint of rose water. About a tablespoonful should be taken into the mouth at once, and repeated four times on each occasion; the gargle to be so used thrice daily.

Distressed Mother.—Itch is caused by a minute form of mite which infests the skin. The contagious nature of the disease depends, of course, on the conveyance of the mites from infected to healthy subjects. The treatment is a warm bath to begin with, and a thorough inunction with sulphur ointment over the affected parts. Care is to be taken that the ointment is not rubbed off. The patient should rest in bed thereafter, and in the morning take a warm bath, and repeat the inunction at night. Two or three such applications will suffice. Destroy the clothes worn during the period of infection.

F. F.—Read the pamphlet, "A Lecture to Young Men" (post free 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C.), and study what is there said about cases like yours. You are only nervous, and the pamphlet will serve to ease your mind.

E. Gregor.—In the case you name we should suggest consultation with a physician accustomed to treat nervous ailments. Only a thorough examination of such a case can detect the cause of the symptoms. It is quite possible that this affection may have much to do with the former ailment, and a physician may be able to recommend effective treatment. Try the effect of wearing woollen undergarments, made by Ward & Co., of Bradford, a practice which has proved, in our experience, very effective, from its porosity and natural warmth combined, in preventing excessive perspiration. Internally, take "Kaskine" as a general tonic.

Oculus.—You might try (in addition to the advice given you already) the Cascara Cordial as ordered to "Cathie" in the present number, and diet yourself as ordered in that advice, by way of noting whether or not your symptoms may be due to digestive disturbance.

Cathie.—Take twenty drops of Cascara Cordial in water an hour before food, once daily. As to food, give up tea, coffee, and alcohol entirely; substitute milk, light puddings, white boiled fish, light boiled eggs, &c., for your present dietary, and take Grant's Oat Flour to breakfast. Moderate open-air exercise is to be taken (rest after each meal for at least an hour), but avoid all active exertion in the way of sports until you are quite well.

Mary Graham.—Look to your teeth, and see that you brush them morning and night with Dr. Pierre's Tooth Powder, using a medium brush as to hardness.

P. M.—Your best plan is to procure Dr. Joll's book on "Nursery Hygiene," or Miss Jex Blake's "Manual of Infancy" (Macmillan), or Dr. Weatherley's "Young Wife's Own Book" (Griffith & Farran), and study what is said therein about the feeding of children.

Nobilis.—Try Dr. Pierre's Tooth Paste or the Powder, with the Eau Dentifrice for a mouth wash after meals. You are perfectly right as to the proper method of brushing the teeth.

"THE GOOD SAMARITAN."

How an Irish Prelate Ministers to both Body and Soul. An interesting Story.

Diversified character of soil, a large part of which is barren and utterly useless, together with an overcrowded and rapidly increasing population, has done much to cause misery and poverty in the fair Green Isle, and Ireland to-day is attracting more sympathetic attention from the world at large than any country ever did in the history of nations. Health and education are alike neglected in the fierce struggle for bread, and to gain this is often an impossibility, many calls being made on the charity of other countries to assist the needy.

It is in Ireland that minister or priest finds his work like that of the Master more than in any other land. Here he not only has to pay pastoral calls, and minister to a hungry and thirsty soul, but often he is compelled to look to the physical well-being of his parishioners. Combining the physician, minister, and alms-giver in the one person, he is brought into strange contact with all phases of life and society, and the story told us a short time since by the Rev. M. B. Hogg, of the Rectory at Keady, County Armagh, was not at all peculiar, yet thoroughly interesting.

The Rectory is a beautiful little place, standing back from the road in the shadow of a clump of grand old trees, and is such a place as the tourist or passer-by will look at with longing for the restful, quiet, and home-like comforts that its every appearance indicates it to have. It was in the library of the Rectory that Mr. Hogg made his wonderful statements, only a portion of which can be given here, but enough is repeated to let the public know something of those things which the reverend gentleman considers useful and beneficial to mankind. He said:—

"Some months ago I became interested in a gentleman who had suffered for a considerable period from albuminuria, which so seriously affected his health that he was incapable of bearing the slightest exertion. His water was examined by heat and acid tests, and displayed one-fourth of albumen. I purchased and gave him some Warner's Safe Cure. After taking two bottles, another test was made, which showed only a small percentage of albumen. He has now taken four bottles, and feels himself perfectly well and capable of any exertion. The benefit in this case was so great and so rapid that I have used the Safe Cure in other cases among my parishioners, and always with the same good results.

"At first I regarded the Safe remedies as of a piece with other patent medicines, but I am now convinced by actual and severe tests that they are wonderful medicines, whatever be their nature, and *cannot fail*, under Providence, *to effect a radical cure in every case* in which they are applied. I have tried it, and never found any medicine to secure as much good result in a short time."

After listening to the Rev. Mr. Hogg, we could not help thinking that if the thousands of our people who are suffering from diseases of the liver and kidneys would only take his experience as a guide, and would use the Safe Cure, how much physical and mental misery they would escape, and how much better would it be for the community at large to have strong, healthy citizens than to have so many invalids and chronic ailers. The remedy mentioned by the Rev. Mr. Hogg can be procured of all chemists, at 4s. 6d. per bottle.

Auricle.—In such a case adopt dry treatment. Blow carefully into the ear, each morning, a little very finely-powdered boracic acid—don't put any cotton wool into the ear. If not bettered, we can send you address of specialist in ear diseases, on receipt of stamped addressed envelope. Avoid colds and chills, of course.

A. Peace.—Guard firstly—by vegetable diet and by taking twenty drops Cascara Cordial, or the Elixir, in water an hour before breakfast—against constipation; and when troubled with the other symptoms named, use an injection of Quebascho (Brown & Co., 37, Farringdon-road, London, E.C.), adding one teaspoonful of this extract to a tumbler of hot water (allowing the water to cool before using) and inject twice or thrice daily. Give this remedy a fair trial.

M. G.—We advise you to try tar pills. They are made as follows:—Tar, two grains; lycopodium, one grain. Make a pill. One such pill to be taken twice daily.

Melton Mowbray.—The paragraph referring to the tannic acid treatment of in-growing toe-nails appeared in Health, No. 193.

George Frame.—You may try the remedy recommended you, but you should carefully watch the patient, and see that there are no symptoms of worms, which are often the cause of such an ailment as that you describe. Avoid giving fluids or suppers late at night, and try the effect of giving plain Vichy Water through the day as a drink likely to benefit such a case. A little of the tonic named, given in water after meals, may also do good as a general tonic.

ALBERT GREIG.—Take the Syrup of the Hypophosphites as ordered you; a teaspoonful in a wineglass of water, twice daily, after your food. Try Cadbury's Cocoa or Van Houten's for breakfast; and take Scott's Midlothian Oat Flour for supper. Eat stewed fruits as a sweet at dinner time. Your ordinary meals otherwise will suffice; and see that you rest after your food. Take a tepid bath each morning, if you find a cold one unsuitable.

PORTER. — There is no more excellent arrangement, such as would suit your premises admirably, than Twyford's "Unitas"—see advertisement in HEALTH. It is simple in construction, and not liable to get out of order, all the parts being easily got at for inspection.

MEOPHAM. — Exercise strict cleanliness, and washing each morning and night with Iodoform Soap and tepid water. Strict attention to cleanliness should aid you in preventing the recurrence.

PHYLLIS. — Friar's Balsam is the compound tincture of benzoin. For inhalation (at bedtime), put a teaspoonful in a pint of hot water (at 140 degs. Fahr.), and inhale for ten minutes or so, but be careful of cold thereafter.

ROBERT F.—Try a vegetable dietary—stewed fruits, apples, or oranges, &c., and whole-meal bread, with Grant's Oat Flour for supper and breakfast; avoid tea and coffee; each alternate morning take twenty drops Cascara Cordial and sponge with cold water each morning.

GOBY. — Give the "Hippacea" (advertised in HEALTH as one of Henry's Indian Remedies) a trial. It is to be had from Mr. Bowden, 43, King William-street, London, E.C. This should be rubbed on the feet after washing them, morning and night, with Iodoform Soap and tepid water.

TAFFY.—Ill-health has certainly a marked effect on the hair, as has mental worry. We recommend your friend to use for the hair some brilliantine (to be had of any chemist) and to brush the hair well, morning and night, using a soft brush only. Write again, if not improved.

C. HOLLOWAY.—Read the pamphlet recommended to "F. F." in the present number, and adopt the remedies therein named as suitable for constipation. What you name is of no moment—unless, indeed, you have at any time been exposed to infection.

M. M.—Try the effect of resting after your meals, of more open-air exercise, and of taking fifteen drops Fer Bravais after your meals, in water, thrice daily. If these means fail to cure you, write again.

JAMES HOLE. — The articles, you will observe, dealt with the matter from a strictly scientific point of view. In this light, many problems may be discussed, without any reference to social phases or present-day possibilities. As regards the other matter, we can hardly open our columns to the discussion of the matter you name.

GRANVILLE.—Any surgical instrument maker will supply a suspensory bandage. The pamphlet you enclosed was that of a quack. Simply follow out the rules given in Mr. Renshaw's pamphlet respecting the avoidance of constipation, &c. You require no drugs.

DOULEUR.—Wash the parts night and morning with Iodoform Soap or Blue Gum Tree Soap; and apply after washing a little of a lotion made by adding one part of Hazeline to three or four parts of water. Avoid stimulating foods and coffee, and see that no constipation exists. Write again if not cured.

A THRILLING EXPERIENCE.

The *Chelmsford News*, the leading paper of Essex, furnishes these facts:—"The family of Mr. George Lester, who have resided in Marriages-square, Chelmsford, for twenty-three years, have just met with a thrilling experience. The particulars of the event are so remarkable that they have created nothing short of a downright sensation in our usually quiet town. The facts, as given below, have been duly verified by us, and are of such general interest that they should be made public everywhere, inasmuch as there are, no doubt, thousands of families who can profit by the intelligence thus conveyed. About eighteen months ago the son of Mr. Lester, a youth of seventeen, was attacked with a peculiar and painful ailment of his ankles and muscles, which so disabled him that he was obliged to stop working at his trade, that of a baker. He was placed under the treatment of a skilful physician, and notwithstanding every attention he received no benefit, but speedily grew worse. His condition became so alarming that further medical aid was called in, but he still failed to obtain relief. The malady of the youth had now assumed such a violent form that his condition was pitiable. He had completely lost the use of his ankles and was unable to walk. It was only with the aid of crutches that he could move about at all, and even then not without experiencing the most intense pain. In the language of his parents, he was completely crippled. He was then sent to one of the leading London hospitals, but there also his sufferings were not in the slightest relieved. He had been crippled for nearly a year, and every treatment having utterly failed, he and his parents were almost in despair. His friends, and all who knew him, believed that he would never be able to walk again. Having read in a Chelmsford paper of some remarkable cures wrought by a remedy for the cure of pain, the young man was led, as a last resort, to make a trial of one bottle of the same. To use his own words, he was greatly relieved after having applied the article but once, and he was able to walk without his crutches in ten days from the time he purchased the first bottle. After using three bottles he was, strange as it may seem, actually able to resume his work, and is now free from pain and leading his former active life. His cure seems almost miraculous to all those who are familiar with his long, agonizing sufferings and his previous helpless condition, and St. Jacobs Oil, which is the remedy he used, is certainly entitled to the credit of having accomplished a wonderful cure under our very eyes. When a representative of this paper called on Lester, in order to see for himself what this magical remedy had done for him, the young man could scarcely find words with which to express his gratitude at his recovery. He remarked that St. Jacobs Oil had transferred him from agony and misery to joy. Mr. James Tomlinson, the well-known dispensing chemist of Tindal-square, from whom young Lester purchased this wonderful oil, and who is thoroughly familiar with his case, stated to our reporter that while this was a most astonishing recovery, numerous other cures, which had resulted from its use, and which had come to his notice, were almost as remarkable. In consequence of the surprising power which the remedy possesses to relieve pain and strengthen and restore the muscles and joints to their normal condition, such extraordinary demand had, Mr. Tomlinson said, sprung up that he found it difficult to keep a sufficient stock on hand. In fact, instead of getting his supplies from the wholesale houses, as is usual, he is ordering hundreds of bottles at a time, direct from the proprietors.—[2308.]

NO CANNIBAL.—See reply to "James Hole" above. Satire, certainly, and science.

H 3.—1. Do not rise hurriedly from the recumbent position. 2. Yes; the trunks will necessarily reduce the breathing space. Plenty of fresh air in your bedroom is worth any expense.

H. A. R. E.—Your first care should be to clothe warmly all winter in the woollen clothing made by Messrs. E. Ward & Co., of Bradford. For the rest, brace up your system by the remedies recommended to "J. Fritz" in HEALTH No. 239. This treatment will prevent bronchitis by strengthening your constitution.

DUDE.—1. Read the article on "Blackheads and how to cure them," in HEALTH No. 199. 2. Use for chilblains a lotion composed of equal parts of tincture of cantharides and soap liniment. Label: "For outward use only." Clothe warmly and take a dessertspoonful of Thomson's Cod Oil Cream (advertised in our pages) after meals as long as the cold weather lasts. 3. Pears' Soap certainly.

W. TEBB.—The work you refer to will be duly reviewed in our pages. We do not agree with your opinions or explanations. The matter it seems to us has long ago been virtually settled. Many thanks for note and pamphlet.

BETA.—You should use a Howie's Filter (see advertisement in our pages), which is safe, cleanly, and reliable.

J. WATSON.—See advice given to "Netta G." in HEALTH, No. 238.

W. H. P.—There is nothing seriously wrong. Make a change in your diet; avoid alcohol and take a little Vichy Water occasionally. Do not eat much butcher meat for a time, but take white boiled fish, Marshall's Tritola, and like foods. A hot bath at bedtime occasionally will also do good. If not cured, write again. Probably your habits are of too sedentary a nature.

W. G.—Bathe the eyes night and morning with a little of a lotion (diluted with half its bulk of water) made by adding six grains of sulphate of zinc to six ounces of rose water. Apply a little pure white vaseline to the eyelids at night, and internally, take fifteen drops Fer Bravais in water, thrice daily, after your meals.

E. J. KEILLER. — Moderate dumb-bell and club exercise before breakfast can do you no harm, but all excessive exercise tending to weary or tire you before your meals is unsafe. Try a cup of cocoa on rising, and take your exercise thereafter.

ABSQUE METU. — The formula for Wilson's Hair Wash is as follows:—Eau de Cologne, two ounces; tincture of cantharides, two drachms; oil of rosemary and oil of lavender, of each ten drops. See also advice given to "Milky Way" in HEALTH, No. 231.

J. MILLIGAN.—What do you mean by "irregular" meal-hours? If you have breakfast at 5, dinner at 2, and tea at 7 p.m. *regularly*, there is no ground for complaint, save, perhaps, that the interval between breakfast and dinner is too long. But if you mean that one day you have your meals at the above hours, and another day at different hours, then such irregularity is unhealthy.

F. JAMES.—Try the effect of taking a teaspoonful of Syrup of the Hypophosphites, after your meals, in a wineglass of water, twice daily. Continue your care in diet and exercise, and you will get quite well in time. If not, write again.

G. FORD.—Apply to Messrs. Ward & Co., of Bradford, for their catalogues of sanitary woollen clothing for ladies' and gentlemen's wear. These garments are to be thoroughly recommended.

F. M. L.—1. Use a Howie's Filter (see advertisement in our pages), Hurlford, Kilmarnock, N.B.; it is simple, excellent, safe, easily cleaned, and moderate in price. 2. About ten grains per gallon.

AYE-AYE.—Use the lotion and vaseline for the eyes recommended to "W. G." in the present number, and take internally fifteen drops Fer Bravais in water after your meals. Avoid reading and writing at night especially.

RUSTICUS.—The lithia will do no harm, always provided the dose is not excessive. The apples may be safely taken we think. If you are at any time afraid of sugar, try the Saccharin Tabloids (Burroughs, Wellcome & Co.'s) described recently in an article in HEALTH.

MACINTOSH.—1. Address your inquiry to Messrs. E. Ward & Co., Eldon-buildings, Bradford, and you will probably receive information regarding the cloth you name. 2. There are various makes of ventilated waterproofs—one of the best is that made by Messrs. Mandleberg, of Manchester.

J. F. BARNES.—1. Use Dr. Pierre's Eau Dentifrice as a mouth-wash after meals, and wash the teeth regularly with Dr. Pierre's Tooth Powder or Paste. 2. The topic was recently treated in our pages. See No. 230 HEALTH.

F. PLAYDE.—Try a dessertspoonful of Thomson's Cod Oil Cream after your meals twice daily for a few weeks, and report the result to us.

AMIGO.—Send fuller particulars, and we will endeavour to make the necessary inquiries. Try Bokül, by all means.

W. C. MUIRHEAD.—Take more open air exercise in the first place, and see to the ventilation of your office. After your meals take fifteen drops of Fer Bravais in water thrice daily, as a tonic, and write again if not cured.

DESPERATIO. — The line of treatment which was last prescribed for you as you describe it is the best. Persevere with this; and in addition try five drops of pure Terebene, taken on a piece of sugar, after food when flatulence is present.

NERVOUS.—1. Take the Fer Bravais as above ordered to "W. C. Muirhead." 2. For cold in the head, brace up your system by the advice given to "Non Calor" in last week's number.

NICE HANDS.—If we mistake not you have already been replied to in these columns on the subject you mention. Use a little of Borthwick's Winter Cream, advertised in our pages, and avoid chills.

HAIR.—1. Apply to the French Hygienic Society, 56, Conduit-street, London, W., for their advice regarding hair-dyes. 2. Try the Pomade Trichophile made by the society just named. It is an excellent application for scurf.

GEORGE C. H.—The closet is of an old-fashioned type: replace it by one of Twyford's "Unitas" (see advertisment in our pages), which is safe and cleanly, and does not permit sewer gas to invade the house. Sore throat is a common result of sewer gas poisoning.

AMELIA L.—1. Apply to Mrs. Maitland for particulars as to Massage. See advt. in our pages. 2. Bokül will prove a safe dinner-beverage in your case.

C. B. KEMP.—1. Pulvermacher's Belt certainly. 2. About two ounces to the quart of water.

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WRITE TO-DAY.

EVERY LADY should obtain a new Pamphlet on the **Diseases of Women**, just issued by MR. C. B. HARNESS, Consulting Electrician to the MEDICAL BATTERY COMPANY, LIMITED. It is simply invaluable, and should be read by every lady in the Kingdom. *Sent under cover, post free, immediately on receipt of application.*

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